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CLAIMS

1. A metal halide lamp comprising:

an arc tube made of translucent ceramic and having a main tube part in which a pair of electrodes are disposed; and

an outer tube housing the arc tube therein, wherein

 $4.0 \le L/D \le 10.0$, where L is a length of a space between the electrodes and D is an internal diameter of the main tube part,

 $R/r \ge 3.4$, where R is an internal diameter of the outer tube and r is an external diameter of the main tube part, within a region positionally corresponding to, in a radial direction of the outer tube and the arc tube, the space between the electrodes, on a cross-sectional surface where an outer circumference of the arc tube comes closest to an inner circumference of the outer tube, and

 $M \le 4.0$, where M (mg/cc) is a density of mercury enclosed in the arc tube.

- 2. The metal halide lamp of Claim 1, wherein $R/r \le 7.0$.
 - 3. The metal halide lamp of Claim 1, wherein a sodium halide and at least one of a cerium halide and a praseodymium halide are enclosed in the arc tube.

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- 4. The metal halide lamp of Claim 2, wherein a sodium halide and at least one of a cerium halide and a praseodymium halide are enclosed in the arc tube.
- 5 5. The metal halide lamp of Claim 1, wherein a degree of vacuum inside the outer tube is no more than 1×10^3 Pa at 300 K.
- - 8. A luminaire comprising: a metal halide lamp recited in one of Claims 1 to 7; and a lighting circuit for illuminating the metal halide lamp.

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